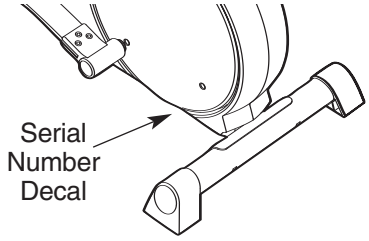
PRO-FORM

750 CardioCrossTrainer

Model No. PFCCEL3805.0
Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please call:

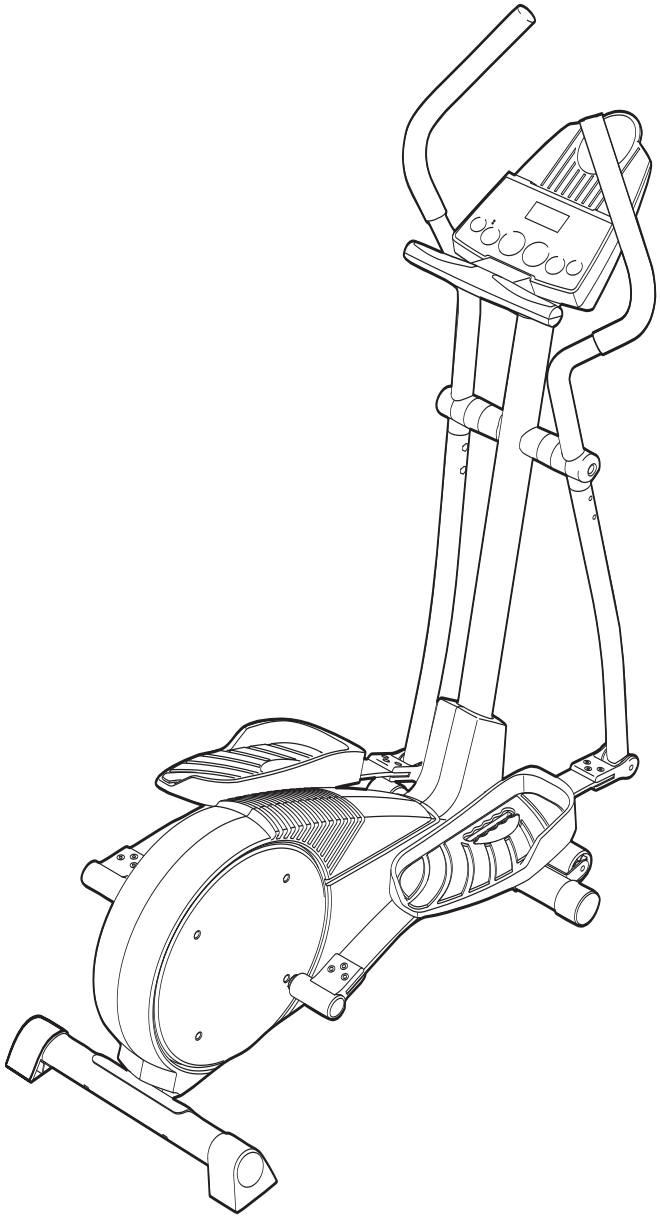
1-888-936-4266

Monday through Friday from 8:00 to 17:00 EST (excluding holidays).

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



Visit our website at

www.proform.com

750 CardioCrossTrainer

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the elliptical exerciser.

1. **Read all instructions in this manual and all warnings on the elliptical exerciser before using the elliptical exerciser.**

2. **It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.**

3. **Keep the elliptical exerciser indoors, away from moisture and dust. Place the elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the elliptical exerciser to mount, dismount, and use it.**

4. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**

5. **Keep children under 12 and pets away from the elliptical exerciser at all times.**

6. **The elliptical exerciser should not be used by persons weighing more than 115 kg (250 lbs.).**

7. **Wear appropriate exercise clothes when using the elliptical exerciser. Always wear athletic shoes for foot protection.**

8. **Always hold the handgrip pulse sensor or the handlebars when mounting, dismounting, or using the elliptical exerciser.**

9. **The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

10. **Keep your back straight when using the elliptical exerciser; do not arch your back.**

11. **If you feel pain or dizziness while exercising, stop immediately and cool down.**

12. **When you stop exercising, allow the pedals to slowly come to a stop.**

13. **The elliptical exerciser is intended for home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.**

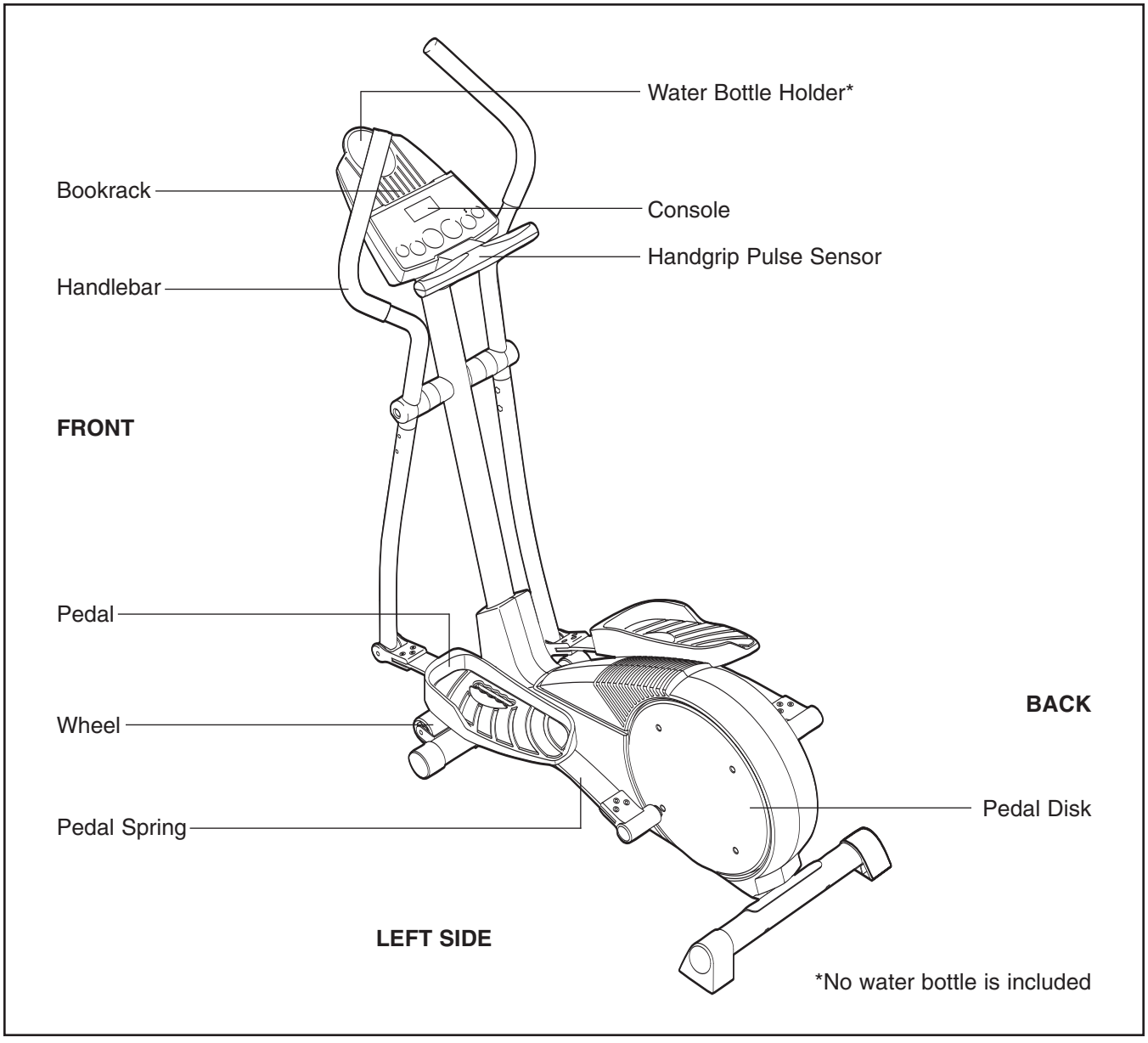
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Congratulations for selecting the new PROFORM® 750 CARDIO CROSSTRAINER. The PROFORM 750 is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the unique PROFORM 750 features adjustable resistance and a state-of-the-art console to help you get the most from your exercise.

For your benefit, read this manual carefully before you use the elliptical exerciser. If you have questions after reading this manual, please call the toll-free telephone number on the front cover of this manual. To help us assist you, please note the product model number and serial number before calling. The model number is PFCCEL3805.0. The serial number can be found on a decal attached to the elliptical exerciser (see the front cover of this manual for the location of the decal).

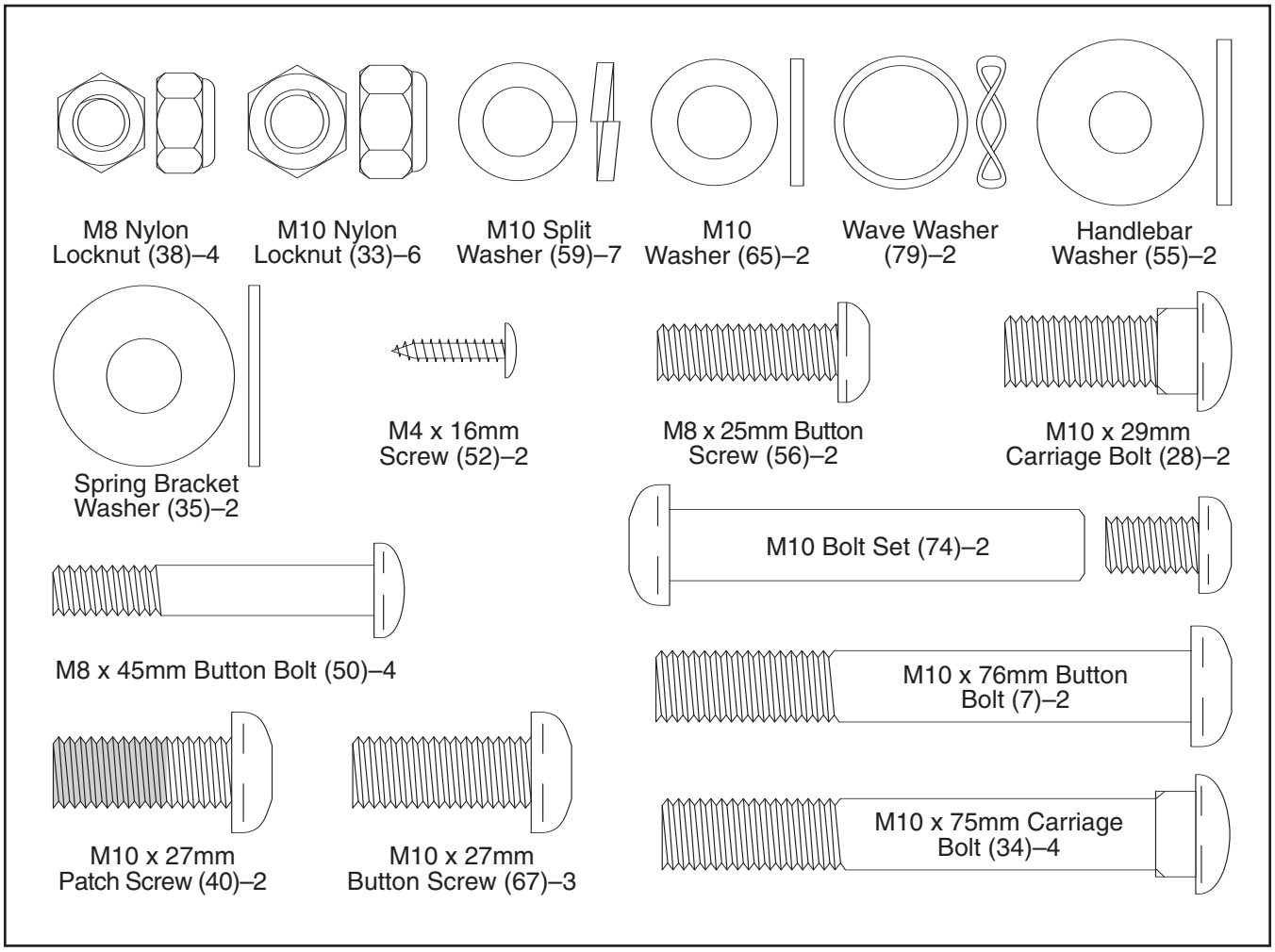
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



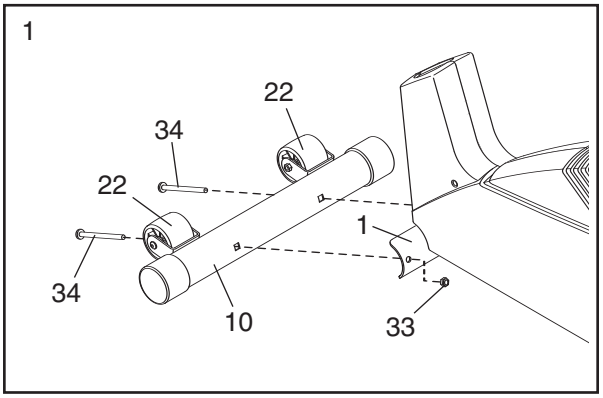
ASSEMBLY

Assembly requires two persons. Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **In addition to the included allen wrenches, assembly requires a phillips screwdriver** **, an adjustable wrench** **, and a rubber mallet** **.**

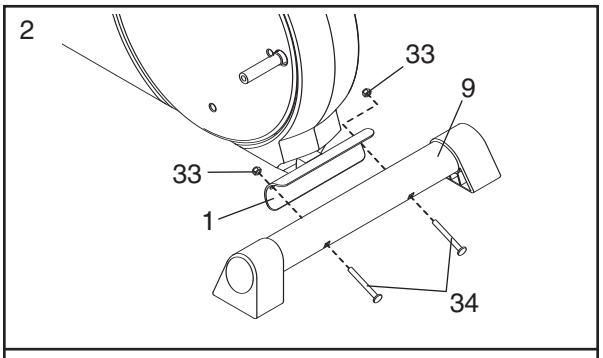
As you assemble the elliptical exerciser, use the drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 22. The second number refers to the quantity used in assembly. **Note: Some small parts may have been pre-assembled for shipping. If a part is not in the parts bag, check to see if it has been pre-assembled.**


M8 Nylon Locknut (38)–4
M10 Nylon Locknut (33)–6
M10 Split Washer (59)–7
M10 Washer (65)–2
Wave Washer (79)–2
Handlebar Washer (55)–2
Spring Bracket Washer (35)–2
M4 x 16mm Screw (52)–2
M8 x 25mm Button Screw (56)–2
M10 x 29mm Carriage Bolt (28)–2
M10 Bolt Set (74)–2
M8 x 45mm Button Bolt (50)–4
M10 x 76mm Button Bolt (7)–2
M10 x 27mm Patch Screw (40)–2
M10 x 27mm Button Screw (67)–3
M10 x 75mm Carriage Bolt (34)–4

1. Identify the Front Stabilizer (10). While another person lifts the front of the Frame (1), attach the Front Stabilizer to the Frame with two M10 x 75mm Carriage Bolts (34) and two M10 Nylon Locknuts (33). **Make sure that the Front Stabilizer is turned so the Wheels (22) are not touching the floor.**

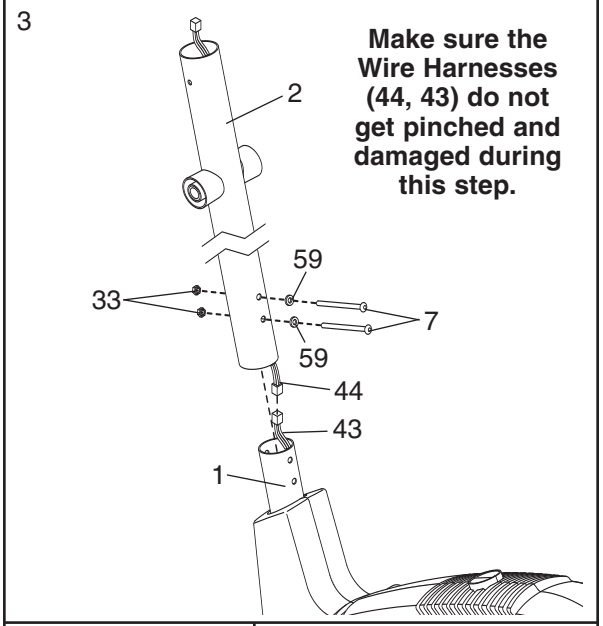


2. While another person lifts the back of the Frame (1), attach the Rear Stabilizer (9) to the Frame with two M10 x 75mm Carriage Bolts (34) and two M10 Nylon Locknuts (33).



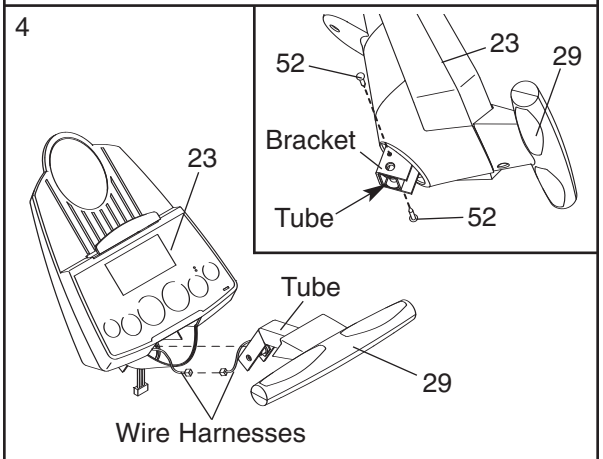
3. While another person holds the Upright (2) in the position shown, connect the Extension Wire Harness (44) to the Wire Harness (43). **Carefully pull the upper end of the Extension Wire Harness to remove any slack. While holding the upper end of the Extension Wire Harness,** slide the Upright onto the Frame (1). **Do not pinch the Wire Harnesses.**

   Attach the Upright (2) to the Frame (1) with two M10 x 76mm Button Bolts (7), two M10 Split Washers (59), and two M10 Nylon Locknuts (33). **Do not tighten the Nylon Locknuts yet.**

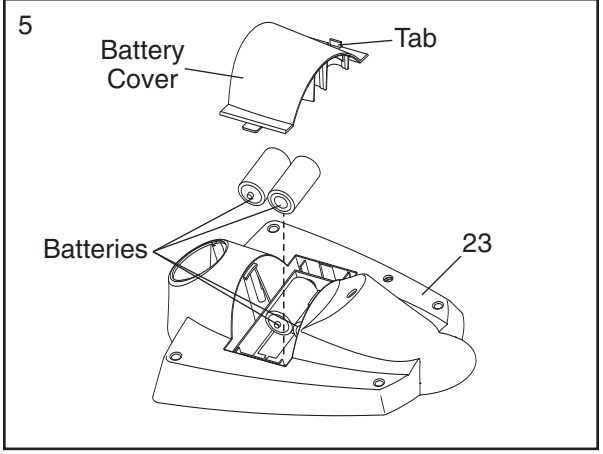


4. Connect the wire harness on the Handgrip Pulse Sensor (29) to the indicated wire harness on the Console (23). Insert both wire harnesses into the opening in the bottom of the Console. Next, insert the metal tube on the Handgrip Pulse Sensor into the opening in the bottom of the Console. **Be careful not to pinch the wire harnesses.**

   See the inset drawing. Align the holes in the bracket on the Console (23) with the holes in the metal tube on the Handgrip Pulse Sensor (29). Tighten two M4 x 16mm Screws (52) through the bracket into the tube as shown.



5. The Console (23) requires four “D” batteries (not included); alkaline batteries are recommended. Press the tab on the battery cover, and lift off the battery cover. Insert four batteries into the battery compartment. **Make sure that the batteries are oriented as shown by the diagram inside the battery compartment.** Reattach the battery cover.



6. While another person holds the Console (23) in the position shown, connect the wire harness on the Console to the Extension Wire Harness (44). Insert the excess wire harness into the Upright (2).

   Attach the Console (23) to the Upright (2) with three M10 x 27mm Button Screws (67) and three M10 Split Washers (59). **Be careful to avoid pinching the wire harnesses.**

   Snap the bookrack onto the Console (23) in the indicated location.

7. Identify the Left Handlebar (6), which is marked with a sticker. Insert the Left Handlebar into one of the Handlebar Legs (5); **make sure that the Handlebar Leg is turned so the hexagonal holes are on the indicated side**. Attach the Left Handlebar to the Handlebar Leg with two M8 x 45mm Button Bolts (50) and two M8 Nylon Locknuts (38). **Make sure that the Nylon Locknuts are inside of the hexagonal holes. Do not fully tighten the Button Bolts yet.**

   Attach the Right Handlebar (8) to the other Handlebar Leg (5) in the same way.

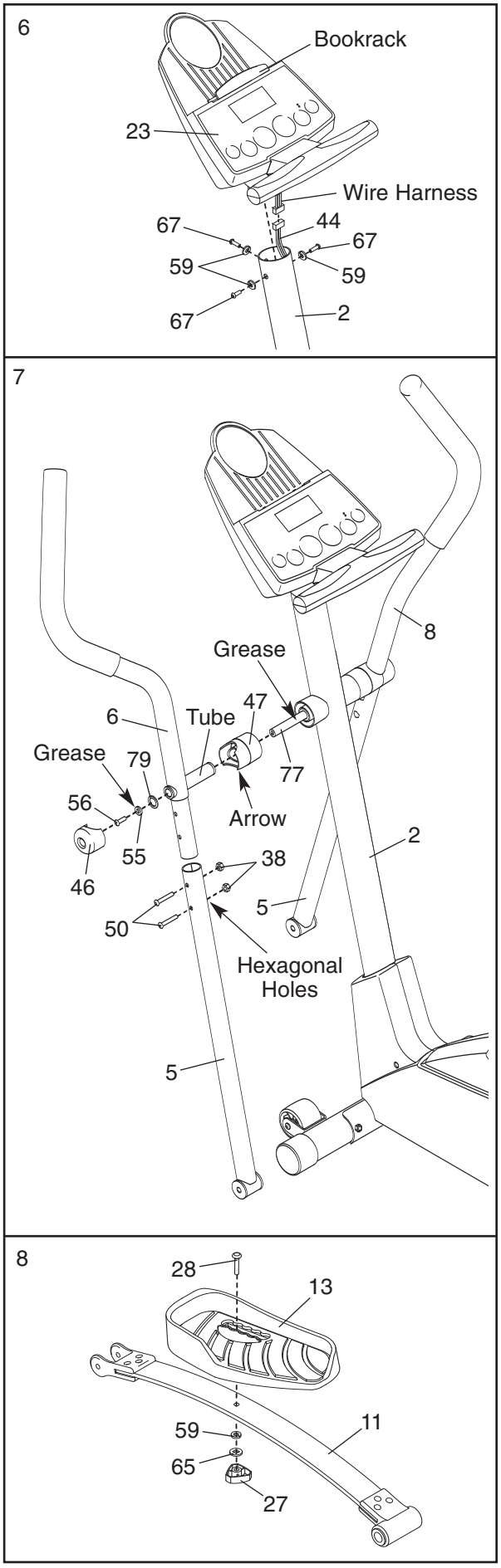
   Apply a generous amount of the included grease to the Pivot Axle (77) and to the two Handlebar Washers (55). Next, insert the Pivot Axle into the Upright (2) and centre it. Reapply grease to both ends of the Pivot Axle.

   Slide a Handlebar Spacer (47) onto the short tube on each Handlebar (6, 8), and rotate the Handlebar Spacers so the small arrows are pointing toward the floor. Next, slide the Handlebars onto the Pivot Axle (77). **Make sure that the Handlebars are on the correct sides.**

   Tighten an M8 x 25mm Button Screw (56) with a Handlebar Washer (55) and a Wave Washer (79) into each end of the Pivot Axle (77). **Make sure the Wave Washers are on the Pivot Axle.** Next, orient the two Handlebar Caps (46) as shown, and press the small tabs on the Handlebar Caps into the two Handlebar Spacers (47).

8. Identify the left Pedal Spring (11), which is marked with a sticker. Attach the Left Pedal (13) to the left Pedal Spring with an M10 x 29mm Carriage Bolt (28), an M10 Split Washer (59), an M10 Washer (65), and a Pedal Knob (27) as shown. Note: The Left Pedal can be attached in any of five positions (see HOW TO ADJUST THE PEDALS on page 9).

   Attach the Right Pedal (not shown) in the same way. Make sure that both Pedals are in the same position.



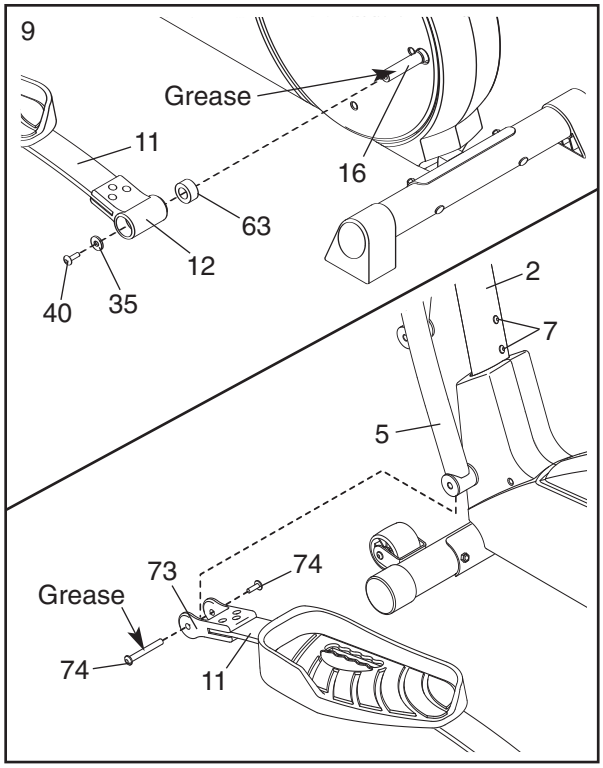
9. Apply a small amount of grease to the axle on the left Disc Crossbar (16). Slide a Spring Spacer (63) onto the axle; **make sure that the Spring Spacer is turned so the flat side is facing the elliptical exerciser.** Next, slide the Left Rear Spring Bracket (12) on the left Pedal Spring (11) onto the axle. Slide a Spring Bracket Washer (35) onto an M10 x 27mm Patch Screw (40), and tighten the Patch Screw into the axle.

   Next, hold the lower end of the left Handlebar Leg (5) inside of the Front Spring Bracket (73) on the left Pedal Spring (11). Apply grease to an M10 Bolt Set (74). Attach the Handlebar Leg to the Front Spring Bracket with the Bolt Set. **Do not overtighten the Bolt Set; the Handlebar Leg must pivot freely.**

   Attach the right Pedal Spring (not shown) to the right side of the elliptical exerciser in the same way.

   Tighten the two M10 x 76mm Button Bolts (7).

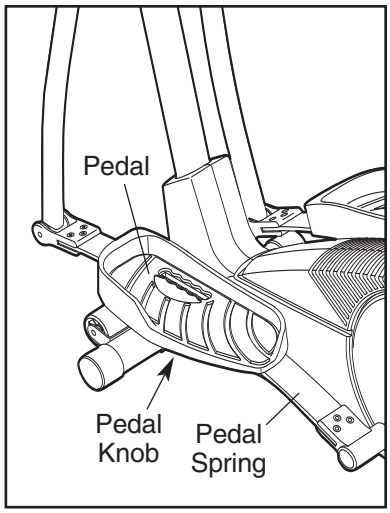
   See step 7. Tighten the M8 x 45mm Button Bolts (50) in the Handlebar Legs (5).



10. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

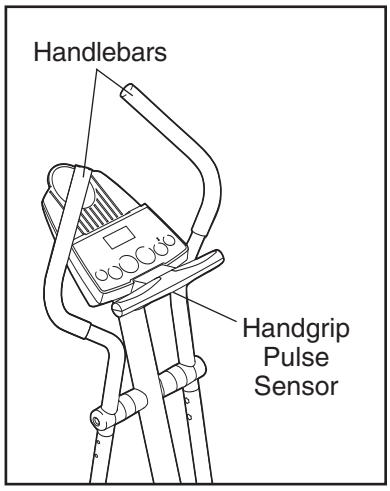
HOW TO USE THE ELLIPTICAL EXERCISER

HOW TO ADJUST THE PEDALS



The motion of the elliptical exerciser is determined by the position of the pedals. To adjust the pedals, first loosen the pedal knobs beneath the pedals. Slide the pedals forward or backward to one of the five positions, and then retighten the knobs. Make sure that both pedals are in the same position.

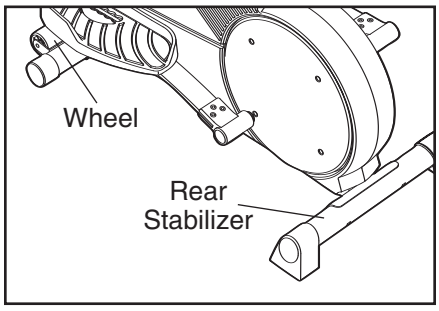
HOW TO USE THE HANDLEBARS



The handlebars are designed to add upper-body exercise to your workouts. As you exercise, push and pull the handlebars to work your arms, shoulders, and back.

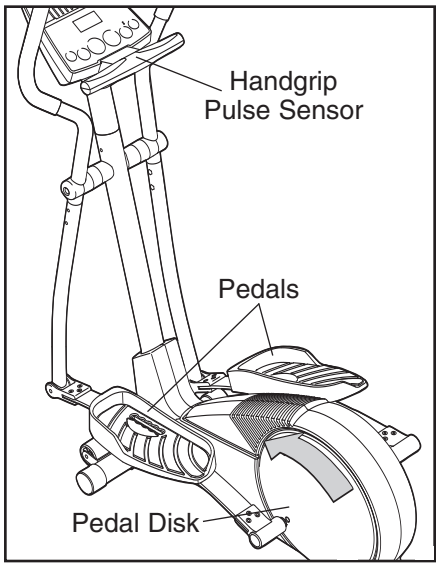
To exercise only your lower body, hold the handgrip pulse sensor as you exercise.

HOW TO MOVE THE ELLIPTICAL EXERCISER



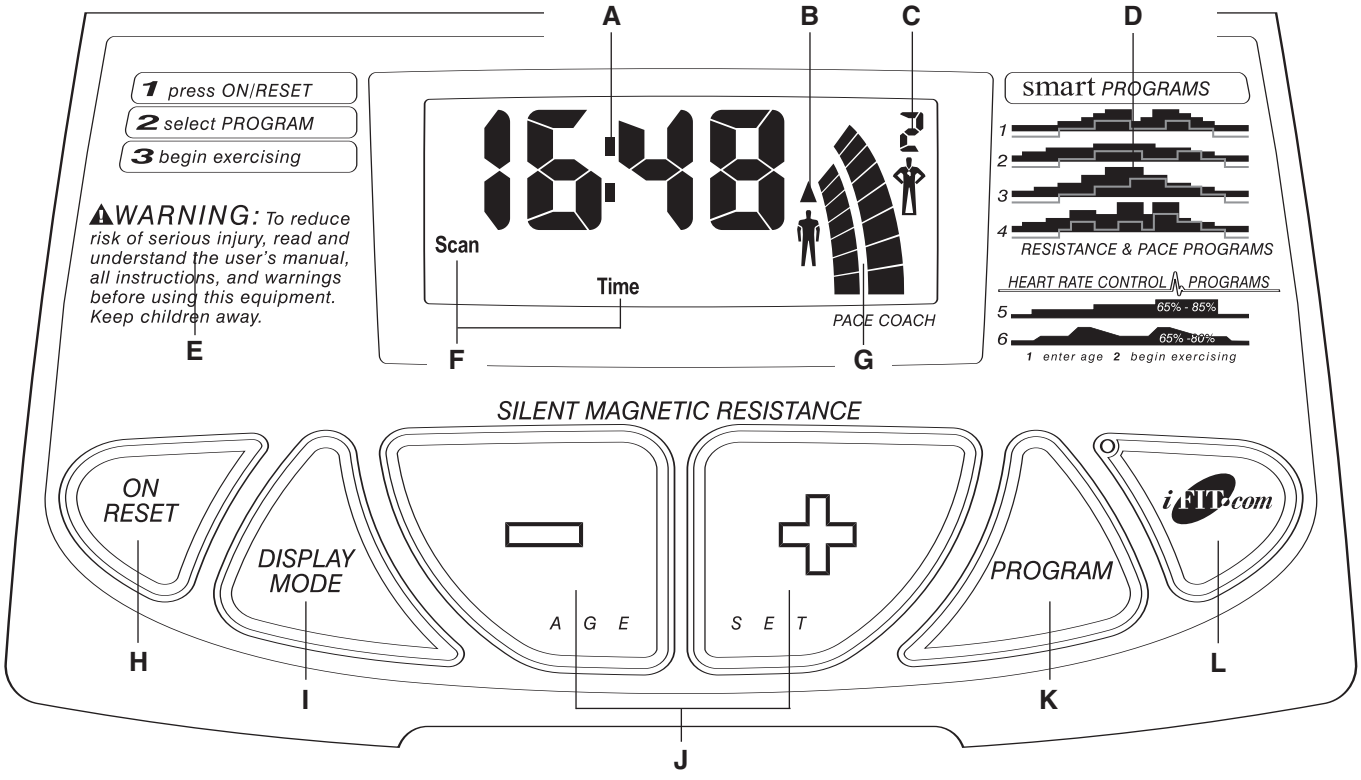
Stand behind the elliptical exerciser, hold the rear stabilizer firmly, and lift the elliptical exerciser until it can be moved on the front wheels. Carefully move the elliptical exerciser to the desired location and then lower it. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight as you lift the rear stabilizer; make sure to lift with your legs rather than your back.**

HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER



To mount the elliptical crosstrainer, hold the handgrip pulse sensor and step onto the pedal that is in the lowest position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal disks can turn in either direction. It is recommended that you move the pedal disks in the direction shown by the arrow; however, for variety, you may turn the pedal disks in the opposite direction.**

To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **Note: The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.



FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more enjoyable and effective. When the manual mode of the console is selected, the resistance of the elliptical exerciser can be adjusted with a touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the built-in handgrip pulse sensor.

The console also offers four Smart workout programs. Each program automatically changes the resistance of the elliptical exerciser and prompts you to increase or decrease your pace as it guides you through an effective workout.

In addition, the console features two Heart Rate workout programs that automatically change the resistance of the elliptical exerciser and prompt you to vary your pace to keep your heart rate near a target heart rate as you exercise.

The console also features iFIT.com interactive technology. Having iFIT.com interactive technology is like having a personal trainer in your home. Using a stereo audio cable (available at electronics stores), you can connect the elliptical exerciser to your home stereo, portable stereo, computer, or VCR and play special iFIT.com CD and video programs (iFIT.com CDs and videocassettes are available separately). iFIT.com CD and video programs automatically control the resistance of the pedals and prompt you to vary your pace as a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs and videocassettes, call the toll-free telephone number on the front cover of this manual.**

With the elliptical exerciser connected to your computer, you can also go to our Web site at www.iFIT.com and access programs directly from the internet. **Explore www.iFIT.com for more information.**

CONSOLE DESCRIPTION

See the drawing on page 10. Note: If there is a thin sheet of clear plastic on the face of the console, remove it.

A. Exercise feedback display—This display features seven modes that give you instant exercise feedback: your current speed, the elapsed time (or the time remaining in a Smart program or a Heart Rate program), the distance that you have pedaled, the resistance level, the approximate number of calories you have burned, the approximate number of fat calories you have burned (see FAT BURNING on page 21), and your heart rate (when you use the handgrip pulse sensor). If the scan mode is selected, the display will change from one mode to the next every six seconds. Or, you can select a single mode for continuous display.

Note: The console can show speed and distance in either miles or kilometers. To change the unit of measurement, hold down the On/Reset button for six seconds. The mode indicators (see F. below) will show which unit of measurement is selected. When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.

B. Increase and decrease arrows—During Smart programs, Heart Rate programs, and iFIT.com programs, these arrows will prompt you to increase or decrease your pace to match the target pace.

C. Manual mode/program indicator—When a Smart program is selected, the upper right corner of the display will show a 1, 2, 3, or 4, depending on which Smart program is selected. When a Heart Rate program is selected, the upper right corner of the display will show a 5 or 6. When the iFIT.com mode is selected, the upper right corner will show the letters IF. When the manual mode is selected, the upper right corner will be blank.

D. Program profiles—These profiles show how the resistance of the elliptical exerciser and the target pace will change during Smart programs and Heart Rate programs. For example, profile number 3 shows that during Smart program 3, both the resistance and the pace will gradually increase during the first half of the program, and then gradually decrease during the last half.

E. Warnings—see p. 3.

F. Feedback mode indicators—These indicators show which feedback mode (scan, speed, time, distance, resistance level, calories, fat calories, or heart rate) is currently shown. Note: When the distance is shown, the word Miles or the letters Kms will appear; when your speed is shown, the letters MPH or Km/H will appear.

G. Pace indicators—When the manual mode is selected, only the left pace indicator will appear. This pace indicator represents your exercise pace. As you increase or decrease your pace, additional bars will appear or disappear in the pace indicator. When a Smart program, a Heart Rate program, or the iFIT.com mode is selected, both pace indicators will appear. The left pace indicator represents your exercise pace, and the right pace indicator represents a target pace. During the program, the target pace will periodically change. As the right pace indicator changes, simply adjust your pace so that the same number of bars appear in both pace indicators. **Important: The target pace is a *goal* pace. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Make sure to exercise at a pace that is comfortable for you.**

H. On/Reset button—When the console is off, pressing this button will turn on the display. When the console is on, pressing this button will reset the display. This button is also used to select the unit of measurement for speed and distance (see A. at the left).

I. Display Mode button—This button is used to select the feedback modes. The modes will be selected in the following order: scan, speed, time, distance, resistance level, calories, fat calories, and heart rate (when the handgrip pulse sensor is used).

J. + and – buttons—These buttons control the resistance of the elliptical exerciser. There are ten resistance levels; level 10 is the most challenging. These buttons are also used to enter your age when a Heart Rate program is selected.

K. Program button—This button is used to select the manual mode, Smart programs, and Heart Rate programs.

L. IFIT.com button—This button is used to select the iFIT.com mode. The indicator on the button will light when the iFIT.com mode is selected.

To use the manual mode of the console, see page 12. **To use a Smart program,** see page 13. **To use a Heart Rate program,** see page 14. **To use iFIT.com CDs or videos,** see page 18. **To use a program directly from our Web site,** see page 19.

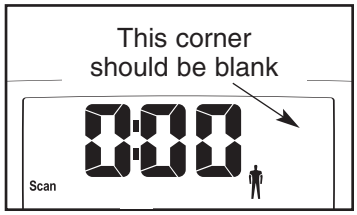
HOW TO USE THE MANUAL MODE

1 Turn on the console.

Note: The console requires four "D" batteries (not included). If you have not installed batteries, see step 5 on page 6 and install batteries.

To turn on the console, press the On/Reset button or begin pedaling.

2 Select the manual mode.

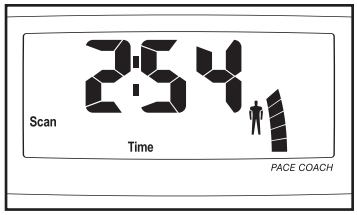


Each time the console is turned on, the manual mode will be selected. If a Smart program, a Heart Rate program, or the iFIT.com mode has been selected, select the manual mode by pressing the Program button repeatedly until the upper right corner of the display is blank.

3 Begin exercising and adjust the resistance of the elliptical exerciser.

As you exercise, adjust the resistance of the elliptical exerciser as desired by pressing the + and – buttons. There are ten resistance levels; level 10 is the most challenging. Note: After the buttons are pressed, it will take a few seconds for the selected setting to be reached.

4 Follow your progress with the feedback modes and the left pace indicator.

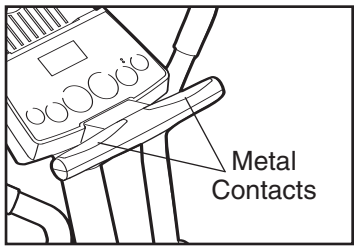


When the console is turned on, the scan mode will be selected. As you exercise, the display will show your current speed, the elapsed time, the distance that you have pedaled, the current resistance level, and the approximate numbers of calories and fat calories you have burned. In addition, your heart rate will be shown when you use the handgrip pulse sensor (see step 5 below). Note: Each time the resistance level changes, the console will show the resistance level for six seconds. In addition, when a Smart program or a Heart Rate program is selected, the display will show the time *remaining* in the program instead of the elapsed time.

If desired, you can select a single feedback mode for continuous display. Press the Display Mode button repeatedly until only the MPH (or Km/H), Time, Miles (or Kms), Resist., Cals., or Fat Cals. indicator appears in the display. Make sure that the Scan indicator does not appear.

In addition, the left pace indicator will appear in the display to show your exercise pace. As you increase or decrease your pace, additional bars will appear or disappear in the pace indicator.

5 Measure your heart rate if desired.



Note: If there are thin sheets of plastic on the metal contacts on the handgrip pulse sensor, peel off the plastic.

To use the handgrip pulse sensor, place your hands on the metal contacts. Your palms must be on the upper contacts and your fingers must be touching the lower contacts. Avoid moving your hands. When your pulse is detected, the heart-shaped indicator in the display will flash each time your heart beats. After a moment, two dashes (– –) will appear and then your heart rate will be shown.

For the most accurate heart rate reading, continue to hold the handgrips for about 15 seconds. Note: When you first hold the handgrips, the display will show your heart rate continuously for 15 seconds. The display will then show your heart rate along with the other feedback modes.

6 When you are finished exercising, the console will automatically turn off.

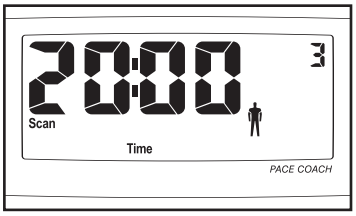
If the pedals are not moved and the console buttons are not pressed for a few minutes, **the console will automatically turn off to conserve the batteries.**

HOW TO USE A SMART PROGRAM

1 Turn on the console.

See step 1 on page 12.

2 Select one of the four Smart programs.



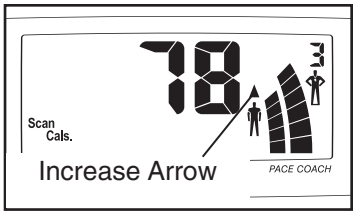
Each time the console is turned on, the manual mode will be selected. To select a Smart program, press the Program button repeatedly until the number 1, 2, 3, or 4 appears in the upper right corner of the display.

The profiles numbered 1 through 4 on the right side of the console show the resistance and pace settings for the Smart programs. For example, profile number 3 shows that when Smart program 3 is selected, both the resistance and the pace will gradually increase during the first half of the program, and then decrease during the last half.

3 Start the program.

To start the program, simply begin exercising. Each Smart program consists of twenty, one-minute periods. One resistance setting and one pace setting are programmed for each period. (The same resistance setting and/or pace setting may be programmed for consecutive periods.)

During the program, the resistance of the elliptical exerciser will automatically change as shown by the applicable profile on the console. If the current resistance level is too high or too low, you can change the resistance level by pressing the + and – buttons. However, when the current period of the program is completed, the resistance level will automatically change if a different resistance setting is programmed for the next period.



The pace settings for the program will be shown by the right pace indicator in the display. (The left pace indicator will show your actual exercise pace.) As the right pace indicator changes during the program, simply increase or decrease your pace so that the same number of bars appear on both pace indicators. If your pace is slower than the current pace setting, the increase arrow will appear in the display to prompt you to increase your pace; if your pace is faster than the pace setting, the decrease arrow will appear. **Important: The pace settings for the program are intended only to provide a goal. Your actual pace may be slower than the pace settings, especially during the first few months of your exercise program. Make sure to exercise at a pace that is comfortable for you.**

During the program, the display will show the time remaining in the program. When no time remains, the program will be completed. If you continue exercising after the program is completed, the display will continue to show your exercise feedback.

4 Follow your progress with the feedback modes.

See step 4 on page 12.

5 Measure your heart rate if desired.

See step 5 on page 12.

6 When you are finished exercising, the console will automatically turn off.

See step 6 on page 12.

HOW TO USE A HEART RATE PROGRAM

Each Heart Rate program helps you to keep your heart rate near a certain *percentage* of your *maximum heart rate* during your workout. (Your maximum heart rate is estimated by subtracting your age from 220. For example, if you are 25 years old, your maximum heart rate is 195.) Heart Rate program 5 is designed to keep your heart rate between 65% and 85% of your maximum heart rate while you exercise; Heart Rate program 6 is designed to keep your heart rate between 65% and 80% of your maximum heart rate.

Follow the steps below to use a Heart Rate program.

1 **Turn on the console.**

See step 1 on page 12.

2 **Select one of the two Heart Rate programs.**

Each time the console is turned on, the manual mode will be selected. To select a Heart Rate program, press the Program button repeatedly until the number 5 or 6 appears in the upper right corner of the display.

The profiles numbered 5 and 6 on the right side of the console show the resistance settings for the Heart Rate programs. For example, profile number 5 shows that when Heart Rate program 5 is selected, the resistance level will gradually increase during the program and then decrease near the end.

3 **Enter your age.**

When a Heart Rate program is selected, the word AGE will appear in the display. You must enter your age to use a Heart Rate program. To enter your age, first press the + or – button. The current age setting will then be shown. Next, press the + or – button repeatedly to enter your age. Once you have entered your age, your age will be saved in memory until the batteries are replaced.

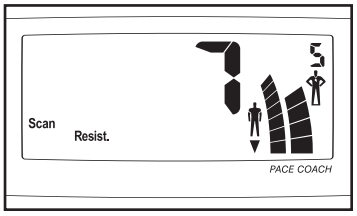
4 **Hold the handgrip pulse sensor.**

When using a Heart Rate program, you must use the handgrip pulse sensor (see step 5 on page 12). It is not necessary to hold the handgrips continuously during the program. However, you should hold the handgrips frequently for the program to operate properly. **Each time you hold the handgrips, keep your hands on the metal contacts for at least 30 seconds.** Note: When you are not holding the handgrips, the letters PLS will appear in the display instead of your heart rate.

5 **Start the program.**

To start the program, simply begin exercising. Each Heart Rate program consists of twenty, one-minute periods. One resistance setting and one heart rate setting are programmed for each period. (The same resistance setting and/or heart rate setting may be programmed for consecutive periods.)

During the program, the resistance of the elliptical exerciser will automatically change as shown by the applicable profile on the console. If the current resistance level is too high or too low, you can adjust the resistance level by pressing the + and – buttons. However, when the current period of the program is completed, the resistance level will automatically change if a different resistance setting is programmed for the next period.



As you exercise, the pace indicators will help you to keep your heart rate near the heart rate setting for the current period. The left pace indicator will show your actual exercise pace. The right pace indicator will show a target pace. When you hold the handgrip pulse sensor, the console will compare your heart rate to the heart rate setting for the current period. If necessary, the right pace indicator will then change to prompt you to increase or decrease your pace to bring your heart rate closer to the current heart rate setting. When the right pace

indicator changes, increase or decrease your pace so that the same number of bars appear on both pace indicators. If your pace is slower than the current pace setting, the increase arrow will appear in the display; if your pace is faster than the pace setting, the decrease arrow will appear. **Important: The pace settings for the program are intended only to provide a goal. Your actual pace may be slower than the pace settings, especially during the first few months of your exercise program. Make sure to exercise at a pace that is comfortable for you.**

During the program, the display will show the time remaining in the program. When no time remains, the program will be completed. If you continue exercising after the program is completed, the display will continue to show your exercise feedback.

6 **Follow your progress with the feedback modes.**

See step 4 on page 12.

7 **When you are finished exercising, the console will automatically turn off.**

See step 6 on page 12.

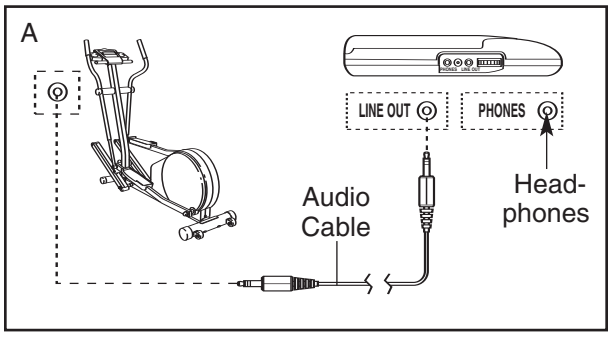
HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER

To use iFIT.com CDs, the elliptical exerciser must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 15 to 17 for connecting instructions. **To use iFIT.com videocassettes**, the elliptical exerciser must be connected to your VCR. See page 17 for connecting instructions. **To use iFIT.com programs directly from our Web site**, the elliptical exerciser must be connected to your home computer. See page 17 for connecting instructions.

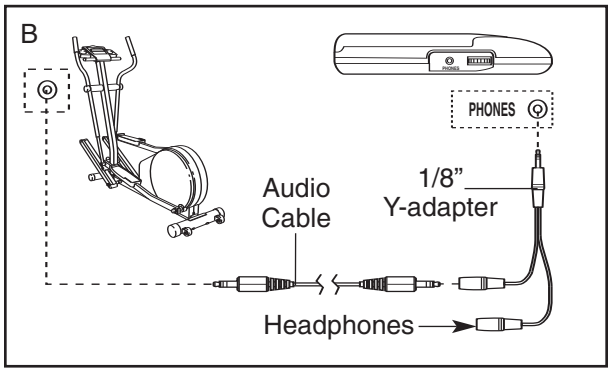
HOW TO CONNECT YOUR PORTABLE CD PLAYER

Note: If your CD player has separate LINE OUT and PHONES jacks, see instruction A below. If your CD player has only one jack, see instruction B.

A. Plug one end of a 1/8” to 1/8” stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack.



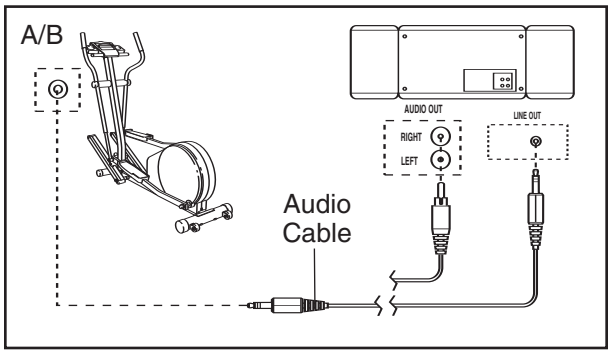
B. Plug one end of a 1/8” to 1/8” stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8” Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your CD player. Plug your headphones into the other side of the Y-adapter.



HOW TO CONNECT YOUR PORTABLE STEREO

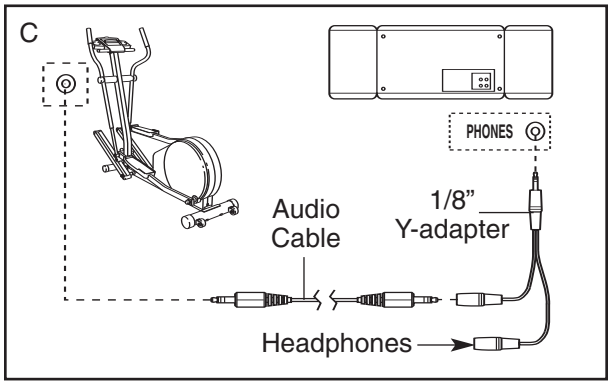
Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 1/8" LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

A. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the AUDIO OUT jack on your stereo.



B. See the drawing above. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your stereo.

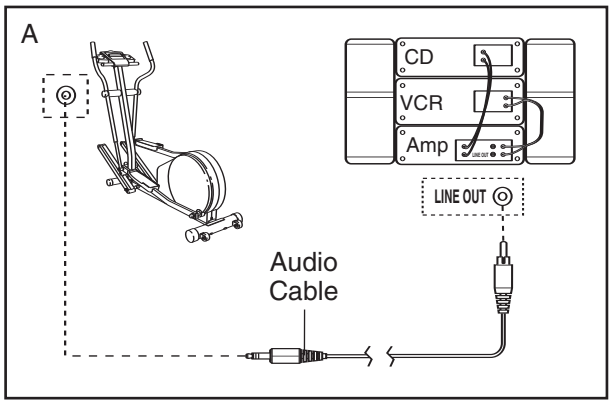
C. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your stereo. Plug your headphones into the other side of the Y-adapter.



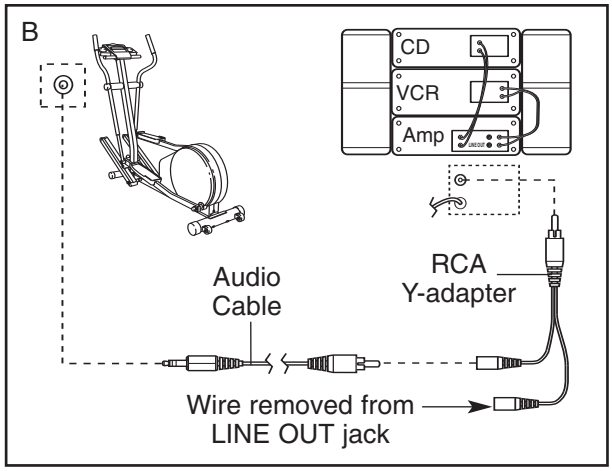
HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

A. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your stereo.



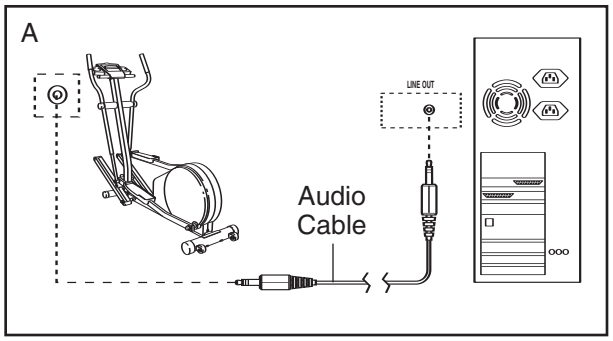
B. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the LINE OUT jack on your stereo.



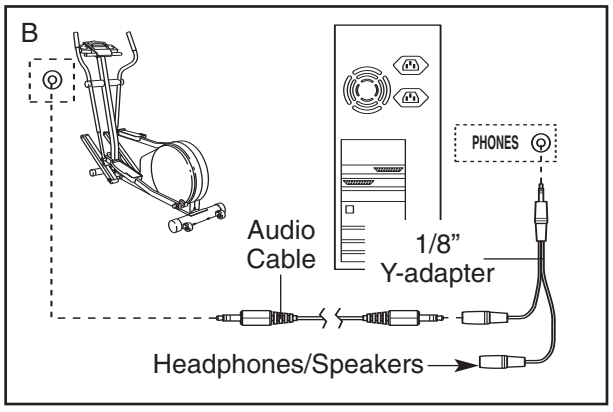
HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a 1/8" LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.

A. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your computer.



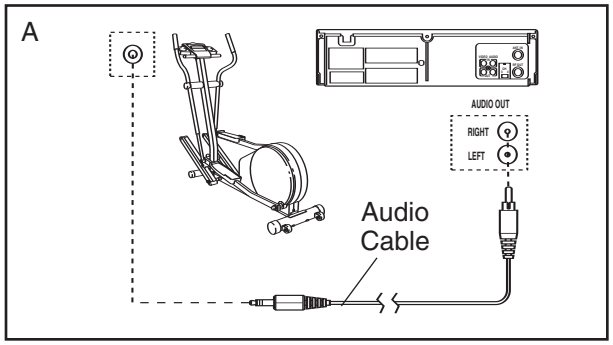
B. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the Y-adapter.



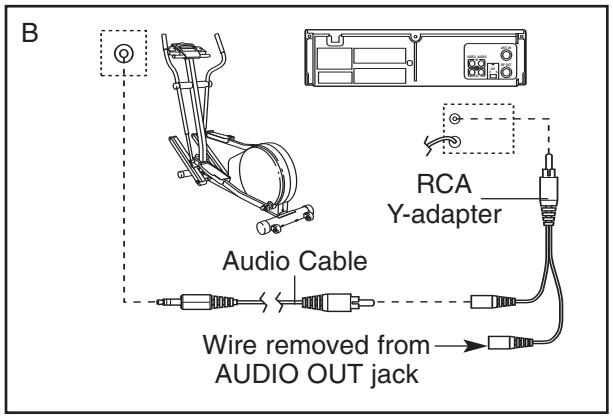
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 16.

A. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the AUDIO OUT jack on your VCR.



B. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.



HOW TO USE IFIT.COM CD AND VIDEO PROGRAMS

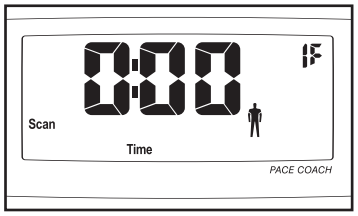
To use iFIT.com CDs or videocassettes, the elliptical exerciser must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER on page 15. **To purchase iFIT.com CDs or videocassettes, call the toll-free telephone number on the front cover of this manual.**

Follow the steps below to use an iFIT.com CD or video program.

1 **Turn on the console.**

See step 1 on page 12.

2 **Select the iFIT.com mode.**



Each time the console is turned on, the manual mode will be selected. To select the iFIT.com mode, press the iFIT.com button. The indicator on the button will light and the letters IF will appear in the upper right corner of the display.

3 **Insert the iFIT.com CD or videocassette.**

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

4 **Press the play button on your CD player or VCR.**

A moment after the play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions.

The program will function in almost the same way as a Smart program (see step 3 on page 13). However, an electronic "chirping" sound will alert you when the resistance and/or the pace setting is about to change.

Note: If the resistance of the elliptical exerciser and/or the pace setting does not change when a "chirp" is heard:

- **Make sure that the indicator on the iFIT.com button is lit.**
- **Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.**
- **Make sure that the audio cable is properly connected and that it is fully plugged in.**

5 **Follow your progress with the feedback modes.**

See step 4 on page 12.

6 **Measure your heart rate if desired.**

See step 5 on page 12.

7 **When you are finished exercising, the console will automatically turn off.**

See step 6 on page 12.

HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

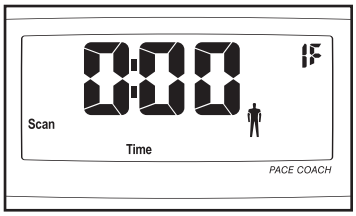
Our Web site at www.iFIT.com allows you to play iFIT.com audio and video programs directly from the internet. To use programs from our Web site, the elliptical exerciser must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 17. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements will be found on our Web site.

Follow the steps below to use a program from our Web site.

1 **Turn on the console.**

See step 1 on page 12.

2 **Select the iFIT.com mode.**



Each time the console is turned on, the manual mode will be selected. To select the iFIT.com mode, press the iFIT.com button. The indicator on the button will light and the letters IF will appear in the upper right corner of the display.

3 **Go to your computer and start an internet connection.**

4 **Start your Web browser, if necessary, and go to our Web site at www.iFIT.com.**

5 **Follow the desired links on our Web site to select a program.**

Read and follow the on-line instructions for using a program.

6 **Follow the on-line instructions to start the program.**

When you start the program, an on-screen countdown will begin.

7 **Return to the elliptical exerciser and begin exercising.**

When the on-screen countdown ends, the program will begin. The program will function in almost the same way as a Smart program (see step 3 on page 13). However, an electronic “chirping” sound will alert you when the resistance and/or the pace setting is about to change.

8 **Follow your progress with the feedback modes.**

See step 4 on page 12.

9 **Measure your heart rate if desired.**

See step 5 on page 12.

10 **When you are finished exercising, the console will automatically turn off.**

See step 6 on page 12.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately.

To clean the elliptical exerciser, use a damp cloth and a small amount of mild dish soap. **Important: Keep liquids away from the console and keep the console out of direct sunlight. During storage, remove the batteries from the console.**

BATTERY REPLACEMENT

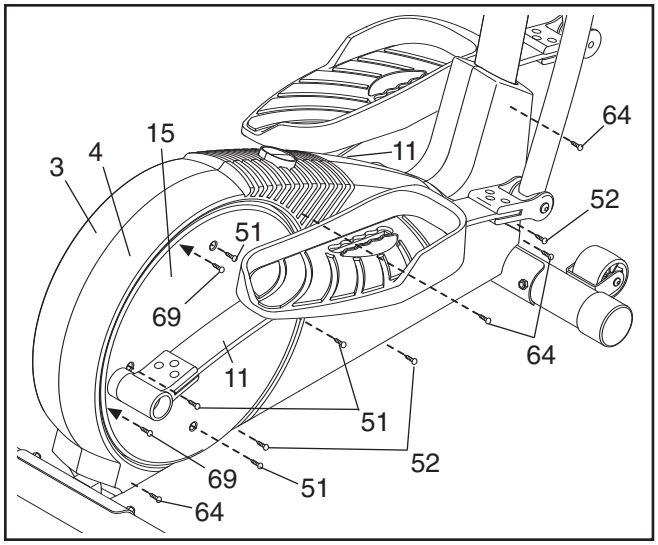
If the console display becomes dim, the batteries should be replaced. See assembly step 5 on page 6 for replacement instructions.

HANDGRIP PULSE SENSOR TROUBLESHOOTING

- Avoid moving your hands while using the handgrip pulse sensor; excessive movement may interfere with heart rate readings. Do not hold the metal contacts too tightly.
- For the most accurate heart rate reading, hold the metal contacts for about 15 seconds.
- For optimal performance of the handgrip pulse sensor, clean the metal contacts with a soft cloth—do not use alcohol, abrasives, or chemicals.

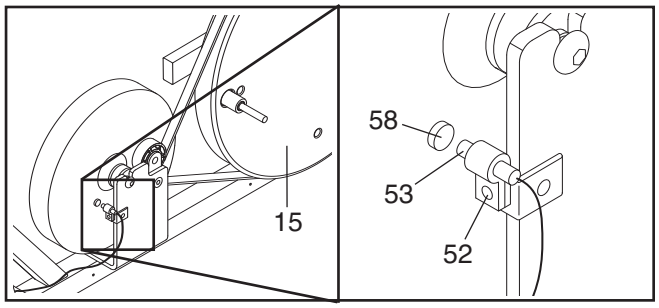
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To do this, you must remove the Pedal Springs (11), the right Pedal Disc (15), and the Side Shields (3, 4). See step 9 on page 8 and remove the Pedal Springs.

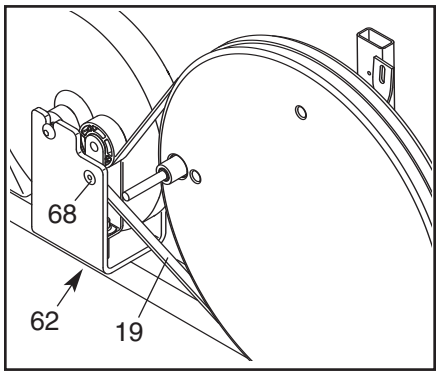


Next, remove the four Screws (51) from the right Pedal Disc (15), and slide the Pedal Disc off. Remove all Screws (52, 64) from the Right Side Shield (4) and the two Screws (69) from beneath the Pedal Disc, and remove the Right Side Shield (4). Remove all Screws (52) from the Left Side Shield (3) and remove the Left Side Shield.

Next, see the drawing below and locate the Reed Switch (53). Loosen, but do not remove, the indicated M4 x 16mm Self-tapping Screw (52). Slide the Reed Switch slightly toward or away from the Magnet (58) on the flywheel. Retighten the Screw. Turn the left Pedal Disc (15) for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the Side Shields (3, 4), the right Pedal Disc (15), and the Pedal Springs (11).



HOW TO ADJUST THE DRIVE BELT



If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest level, the Drive Belt (19) may need to be adjusted. To adjust the Drive Belt, you must first remove both side shields. See HOW TO ADJUST THE REED SWITCH at the left and remove the side shields.

Next, loosen the M8 x 22mm Flat Head Screw (68) and turn the M10 x 60mm Bolt (62) until the Drive Belt (19) is tight. When the Drive Belt is tight, tighten the Flat Head Screw. Reattach the side shields.

CONDITIONING GUIDELINES

⚠ WARNING:

Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	♡
145	*138*	*130*	*125*	*118*	*110*	*103*	♡
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your "training zone." The lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time.

During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise.

For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone as you exercise.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (PFCCEL3805.0)
- the NAME of the product (PROFORM 750 CARDIO CROSSTRAINER)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see page 22 of this manual)

LIMITED WARRANTY

ICON OF CANADA, INC., (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one (1) year from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some provinces do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you. The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some provinces do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from province to province or so specified by the retailer of your equipment.

ICON OF CANADA, INC., 900 de l'Industrie, St. Jerôme, QC J7Y 4B8

Part No. 228577 R0605A

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PART LIST—Model No. PFCCEL3805.0

R0605A

Key No.	Qty.	Description
1	1	Frame
2	1	Upright
3	1	Left Side Shield
4	1	Right Side Shield
5	2	Handlebar Leg
6	1	Left Handlebar
7	2	M10 x 76mm Button Bolt
8	1	Right Handlebar
9	1	Rear Stabilizer
10	1	Front Stabilizer
11	2	Pedal Spring
12	1	Left Rear Spring Bracket
13	1	Left Pedal
14	1	Right Pedal
15	2	Pedal Disc
16	2	Disc Crossbar
17	1	Flywheel
18	1	Side Shield Bracket
19	1	Drive Belt
20	2	Rear Endcap
21	2	Front Endcap
22	2	Wheel
23	1	Console
24	2	Handgrip
25	1	Idler Assembly
26	2	M5 x 14mm Self-tapping Screw
27	2	Pedal Knob
28	2	M10 x 29mm Carriage Bolt
29	1	Handgrip Pulse Sensor
30	2	Large Snap Ring
31	2	Large Bearing
32	1	Pedal Axle
33	9	M10 Nylon Locknut
34	4	M10 x 75mm Carriage Bolt
35	2	Spring Bracket Washer
36	12	M6 x 33.5mm Bolt
37	4	Pedal Arm Bushing
38	5	M8 Nylon Locknut
39	1	M10 Spacer
40	2	M10 x 27mm Patch Screw
41	2	M10 x 45mm Button Bolt
42	4	M5 Washer
43	1	Wire Harness
44	1	Extension Wire Harness
45	1	Resistance Control Motor
46	2	Handlebar Cap
47	2	Handlebar Spacer
48	2	Upright Spacer
49	6	Small Handlebar Arm Bushing
50	4	M8 x 45mm Button Bolt
51	8	M6 x 28mm Screw
52	11	M4 x 16mm Screw
53	1	Reed Switch/Wire
54	1	Cable Clamp
55	2	Handlebar Washer
56	2	M8 x 25mm Button Screw
57	1	M10 Flat Head Bolt
58	1	Magnet
59	7	M10 Split Washer
60	4	Large Handlebar Arm Bushing
61	2	5/16” x 25.4mm Hex Bolt
62	1	M10 x 60mm Bolt
63	2	Spring Spacer
64	4	M4 x 25mm Screw
65	3	M10 Washer
66	14	M6 Nylon Locknut
67	3	M10 x 27mm Button Screw
68	1	M8 x 22mm Flat Head Screw
69	2	M6 x 18mm Screw
70	1	Right Rear Spring Bracket
71	2	M5 x 16mm Self-tapping Screw
72	2	M5 x 16mm Screw
73	2	Front Spring Bracket
74	2	M10 Bolt Set
75	12	M6 Washer
76	2	Handlebar Endcap
77	1	Pivot Axle
78	2	M3 x 13mm Screw
79	2	Wave Washer
#	1	Allen Wrench
#	1	Grease
#	1	User’s Manual

Note: # indicates a non-illustrated part. Specifications are subject to change without notice.

EXPLODED DRAWING—Model No. PFCCEL3805.0

R0605A